The War on Light: How Governments and Big Pharma Keep You Sick By Blocking Healing Photons

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As the founder of Natural News, I've spent decades investigating the corruption of modern medicine and the suppression of nature's healing modalities. But one of the most insidious conspiracies I've uncovered is the deliberate **war on light**—a campaign orchestrated by governments, pharmaceutical interests, and the medical industrial complex to deny humanity access to the healing power of sunlight and therapeutic wavelengths that could significantly enhance human health and greatly reduce health care costs across the board.

This isn't speculation. The evidence is overwhelming. From toxic sunscreens to indoor lockdown mandates, from the ban on incandescent bulbs to the promotion of cancer-causing fluorescent lighting, the system is engineered to induce light deficiency—a condition that fuels chronic disease, depression, and dependency on Big Pharma's profit machine. This article takes a closer look at "the War on Light" and reveals why photo-activated nutrition is the future of good health.

The Sunlight Fear PSYOP: How They Convince You to Fear Nature's Medicine

For decades, the medical establishment—funded by dermatology corporations and sunscreen manufacturers—has demonized sunlight as a "carcinogen." The message is clear: Stay indoors. Slather on chemical-laden sunscreen. Cover every inch of your skin. Don't let a single photon touch your body. But here's the deception.

You need sunlight exposure for your body to generate more melanin which defends your body against not only UV rays, but also against microwave radiation such as 5G signals.

Allow me to explain:

Melanin is Nature's Defense

Darker-skinned populations evolved near the equator to produce higher melanin, which protects against excessive UV radiation while still allowing vitamin D synthesis—a nutrient essential for immune function and bone health. Conversely, light-skinned individuals evolved in northern latitudes with less melanin to maximize sunlight absorption. But modern life disrupts this balance. Africans living in Canada or Scandinavians working in windowless cubicles endure identical light starvation. This mismatch explains why black men in northern climates face disproportionately high rates of prostate cancer—darker skin blocks UV, exacerbating vitamin D deficiency, a root cause of the disease.

Vitamin D Suppression = Chronic Illness

Sunlight triggers vitamin D production, a hormone critical for cancer prevention, hormone regulation, and immune function. Yet over one billion people are clinically deficient—directly correlated with indoor lifestyles and the fear campaigns urging sun avoidance. Vitamin D deficiency is linked to cancer, multiple sclerosis, diabetes, and heart disease. Big Pharma profits by treating these diseases yet ignores their common origin: light deprivation.

Melanin as a Built-In 5G EMF Shield – A Hidden Benefit of Sun Exposure

Emerging research published in *Nature Communications* (source link here) reveals melanin's hidden role: its structure blocks harmful electromagnetic fields (EMFs), including 5G and WiFi radiation. The paper linked here reveals that nanofibers structured like melanin achieved an impressive 68.87 decibel reduction in the penetration of 5G electromagnetic fields. In effect, **melanin blocks microwave radiation**, transforming it into mild heat in the skin rather than allowing it to penetrate into deeper tissues. Melanin, therefore, functions as a **natural EMF shield for the body**.

From the paper:

In this work, we have innovatively engineered those bioinspired polymers with highly ordered microstructures, using a 5, 6-dihydroxyindole ring tetramer framework to construct highly ordered melanin-like nanofibers by tuning ?–? stacking. The resulting melanin-like aerogels represent surprising microwave absorption performance, a maximum reflection loss of ? 68.87?dB, and an effective absorption bandwidth of 5.25?GHz.

Because of the EMF-protective properties of melanin, fair-skinned individuals, already light-starved, face compounded harm from EMF-induced formation of peroxynitrites which promote DNA damage. By promoting sun avoidance, the establishment ensures both deficiencies in light and EMF vulnerability—double jeopardy for public health.

From the research output of Enoch AI at Brighteon.AI:

5G radiation (particularly millimeter waves) penetrates the skin and interacts with cellular components, potentially inducing oxidative stress. This stress can destabilize nitric oxide (NO) and superoxide (O??) production pathways, resulting in peroxynitrite synthesis. Peroxynitrite is cytotoxic due to the following:

Oxidative Damage:

Lipid Peroxidation: Attacks polyunsaturated fatty acids in cell membranes, causing dysfunction.

Protein Nitrosylation: Modifies tyrosine residues (disrupting enzyme function) and sulfhydryl groups (affecting protein structure).

DNA Fragmentation:

Directly oxidizes guanine bases and induces single/double-strand breaks, increasing mutation risk and potential cancer development.

Mitochondrial Dysfunction:

Inhibits cytochrome c oxidase (complex IV) and damages mtDNA, impairing ATP production and triggering apoptosis.

Inflammation Amplification:

Activates NF-?B, upregulating pro-inflammatory cytokines (e.g., IL-6, TNF-?), creating a vicious cycle of oxidative stress.

But **melanin in the skin blocks microwave radiation**, meaning that the higher your skin melanin, the more your skin functions as an EMF shielding device all by itself. In order to

generate more melanin, you need sunlight exposure -- the very thing the medical establishment is teaching you to fear.

The Consequences: A Disease Economy

Sunlight deprivation fuels chronic degenerative disease:

Cancer: Reduced vitamin D weakens the immune system's ability to target tumors.

Autoimmune Disorders: Misfiring immune responses to EMFs, worsened by UV deprivation, drive conditions like lupus and rheumatoid arthritis.

Depression: Mislabeled "Seasonal Affective Disorder" (SAD), it's treated with SSRIs instead of recommended sunlight exposure.

Fatigue: Pharmaceutical companies capitalize by peddling stimulants—Adderall, energy drinks—while ignoring the root cause: lack of healing photons.

By literally keeping people in the dark, our governments, dermatologists and medical institutions starve people of the photons they need to achieve normal human health.

The Incandescent Light Ban: Another Attack on Infrared Healing

In 2023, governments banned incandescent bulbs, forcing consumers into LEDs and fluorescents—lights that lack near-infrared (NIR) wavelengths. This is criminally negligent.

Why Incandescents Matter

Incandescent bulbs mimic the sun by emitting full-spectrum light, including infrared—the same wavelengths used in red-light therapy panels. These infrared waves fuel mitochondrial function which can help reduce inflammation, and spur natural skin healing processes.

The LED Lie

LEDs and fluorescent lights focus on blue-dominant light for "energy efficiency," but they strip out vital infrared. This disrupts circadian rhythms, causes eye strain, and starves cells of photo-activation. The result? Fatigue, inflammation, degenerative disease and faster aging.

"Fluorescents and LEDs steal the NIR frequencies," states Scott Chaverri, founder of Mito Red Light, in a recent Health Ranger interview. "That's robbing our biology of a critical healing frequency. The result? Fatigue, inflammation, and accelerated aging."

The Solution: Natural Sunlight and Red-Light Therapy

Chaverri's Mito Red Light panels deliver four wavelengths of light, including 660nm (red) and 810nm (NIR) wavelengths, stimulating ATP production in mitochondria—your cells' energy powerhouse. "I use red light on my crown jewels," Chaverri admits. Sunlight, of course, delivers the full spectrum of natural light, and sunlight is always the first and best source for phototherapy. But when sunlight isn't available, the next best thing is red light therapy that uses LEDs selected to broadcast multiple frequencies that partially mimic sunlight.

Pharma's War on Light: Suppressing Cures, Promoting Drugs

The medical mafia hates phototherapy because it can't be patented. Instead, they:

Suppress UVB/Vitamin D Research:

- Studies proving sunlight prevents cancer are ignored. Sunlight exposure actually reduces melanoma recurrence—yet oncologists push chemotherapy to add billions to their profit margins.

- Regulatory agencies ignore evidence, prioritizing sunscreen sales over public health.

Push Toxic Sunscreens:

- Major brands contain oxybenzone—a hormone disruptor linked to melanoma—and synthetic fragrances tied to organ dysfunction and cancer. These toxins flood markets while safer, natural UV protectors like zinc oxide remain marginalized.

Medicalize Light Deficiency:

- Light-starvation is rebranded "Seasonal Affective Disorder" (SAD) and treated with SSRIs and other psychotropic drugs. Antidepressants like Prozac generate billions of dollars in sales annually—while sunlight remains free and available to everyone.

Fighting Back: How to Reclaim Your Photonic Birthright

Sun Exposure First:

Aim for 20–30 minutes daily. Skip sunscreen—use good nutrition and superfoods (including natural polyphenols and carotenoid-rich superfoods like astaxanthin) to boost your body's natural balance for sunlight exposure. Expose skin for maximum vitamin D creation and photon absorption. Don't overdo it, however, and allow your body to naturally build melanin over time (i.e. tanning response).

Red-Light Therapy:

Consider Mito Red Light panels (HealthRangerStore.com/redlight). Use them 10–15 minutes daily for energy, skin health, and light wavelengths that are the next best thing to sunlight (but natural sunlight is always the best and first choice).

Full-Spectrum Lighting:

Demand incandescent-equivalent LEDs (not yet available in the marketplace). Avoid blue-light-only LEDs to protect circadian rhythms.

Nutrition Synergy:

Pair light with photoactivated nutrients like turmeric (curcumin), quercetin, and spirulina. Light activates these nutrients, multiplying their effects and their bioavailability. I'll be writing more about photo-activated nutrition in upcoming articles.

EMF Defense:

Consider formulas like 5G Defense with SOD or other pigment-enhancing nutrients (such as beta-carotene) to help support your body's ability to neutralize dangerous free radicals that may be produced upon exposure to 5G fields.

Conclusion: The Future is Photonic

The war on light is a war on humanity’s vitality. But armed with knowledge, we can opt out of the system’s disease paradigm.

I believe the future of nutrition will center around synergistic photo-activated nutrients that are taken before exposure to sunlight, to be activated by sunlight. The combination of these nutrients plus sunlight exposure multiplies their effects in a multitude of ways.

Some of the nutrients that we already known to be photo-activated include:

- Quercetin
- Phycocyanins (from spirulina)
- Various carotenoids such as lycopene and beta carotene
- Chlorophyll
- Anthocyanins (black or blue pigments found in many berries, blue corn, eggplant, etc.)

- Resveratrol
- EGCG from green tea
- Various flavonoids
- Glucosinolates (found in broccoli and cruciferous vegetables)
- Berberine

Consume quality sources of these nutrients before sunlight exposure to activate them and multiply their effects.

Visit HealthRangerStore.com for lab-tested sources of turmeric, anthocyanins and other powerful nutrients, many of which are photo-activated in the presence of sunlight.

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About Mike Adams

Founding Editor

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Mike Adams (aka the "Health Ranger") is the founding editor of NaturalNews.com, a best selling author (#1 best selling science book on Amazon.com called "Food Forensics"), an environmental scientist, a patent holder for a cesium radioactive isotope elimination invention, a multiple award winner for outstanding journalism, a science news publisher and influential commentator on topics ranging from science and medicine to culture and politics.

Mike Adams also serves as the lab science director of an internationally accredited (ISO 17025) analytical laboratory known as CWC Labs. There, he was awarded a Certificate of

Excellence for achieving extremely high accuracy in the analysis of toxic elements in unknown water samples using ICP-MS instrumentation.

In his laboratory research, Adams has made numerous food safety breakthroughs such as revealing rice protein products imported from Asia to be contaminated with toxic heavy metals like lead, cadmium and tungsten. Adams was the first food science researcher to document high levels of tungsten in superfoods. He also discovered over 11 ppm lead in imported mangosteen powder, and led an industry-wide voluntary agreement to limit heavy metals in rice protein products.

Adams has also helped defend the rights of home gardeners and protect the medical freedom rights of parents. Adams is widely recognized to have made a remarkable global impact on issues like GMOs, vaccines, nutrition therapies, human consciousness.

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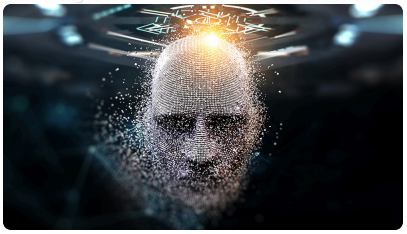

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